

Aura Cacia®



pure aromatherapy



FIZZY FOOT SOAK

INGREDIENTS:

- ½ cup Epsom salt
- 1 tablespoon sodium bicarbonate
- 3-4 tablets (crushed) or 1 tablespoon of citric acid crystals
- 13 drops peppermint essential oil
- 18 drops tangerine essential oil
- 5 drops ylang ylang essential oil

DIRECTIONS:

- Mix salt, sodium bicarbonate and citric acid, then mix in essential oils.
- Dissolve 1 to 2 tablespoons into warm basin of water for foot soak.

For more recipes visit www.auracacia.com